

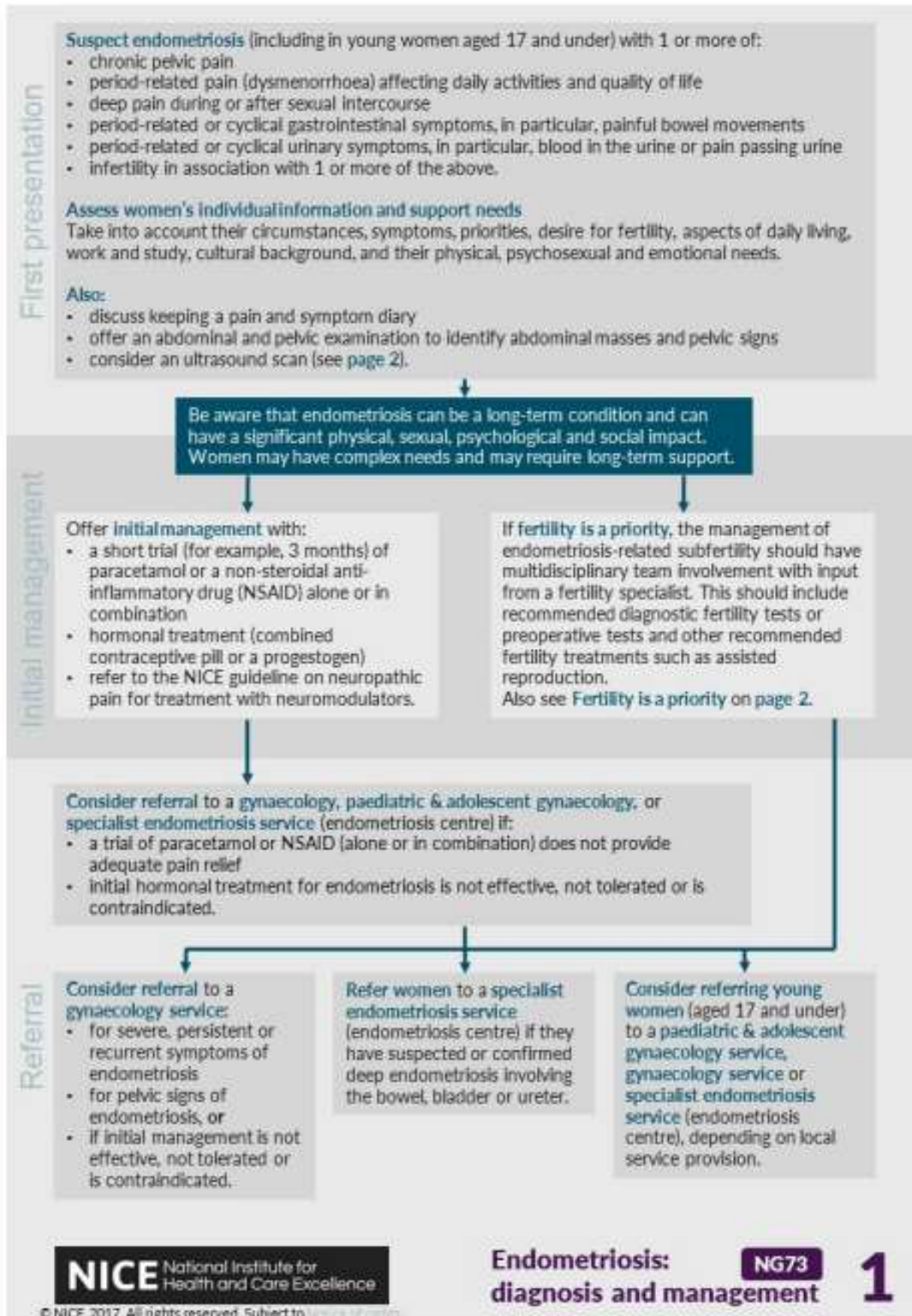
Appendices

Appendix One: Detailed history taking in pelvic pain^{2,3}

Ask about

- Anxiety and depression
- Impact on function – quality of life
- Urinary symptoms e.g. impact of micturition on pain, frequency, pressure - consider micturition diary
- Menstrual cycle and impact on pain – consider menstrual diary. Pelvic pain that varies noticeably over the menstrual cycle is likely to be driven by hormones e.g. endometriosis or adenomyosis
- Keep a pain/food diary
- Sexual history including previous STIs – adhesions from past infection may cause pain
- Vaginal discharge
- Sexual trauma/ history of negative sexual experience
- Post orgasmic pain
- Cervical screening
- Obstetric and gynaecological surgery e.g. synthetic mesh, adhesions from surgery
- Bowel habits and anorectal symptoms
- Daily activity
- Impact of eating on pain
- Previous sepsis
- Consider pelvic floor muscle dysfunction if two pelvic organs show dysfunction e.g. passing urine and bowels open
- Impact of movement and posture on the pain
- Analgesic use
- Neurological symptoms e.g. sensory loss, dysesthesia. Neuropathic pain, a result of changes in the nerve itself is often described as burning, aching or shooting

Endometriosis algorithm



Appendix Three: Resources

BMJ Best Practice has a chronic pelvic pain in women publication which can be accessed here with an institutional or personal log-in: <https://bestpractice.bmj.com/login?from=/topics/en-gb/722> This gives detailed information about history taking and examination findings helping to link to a diagnosis. There are recommended first and second line treatment plans for each causative factor.

The International Pelvic Pain Society have [Free history and examination forms](#)

Patient groups and information

Endometriosis UK: <https://www.endometriosis-uk.org/> run support groups, online chat service, information and research

IBS Network: <https://www.theibsnetwork.org/>

Cystitis and Overactive Bladder Foundation: <https://www.cobfoundation.org/>

Women's Health Concern: <https://www.womens-health-concern.org/>

Pelvic Pain Support Network: <https://www.pelvicpain.org.uk/>

The Gut Trust: <https://gutscharity.org.uk/>

Professional resources

International Association for the Study of Pain IASP: <https://www.iasp-pain.org/> support for the study of pain

International Pelvic Pain Society: <https://www.pelvicpain.org/>

Multidisciplinary Approach to the Study of Chronic Pelvic Pain (MAPP) Research Network: <https://www.mappnetwork.org/> collaborative research on urological chronic pelvic pain disorders